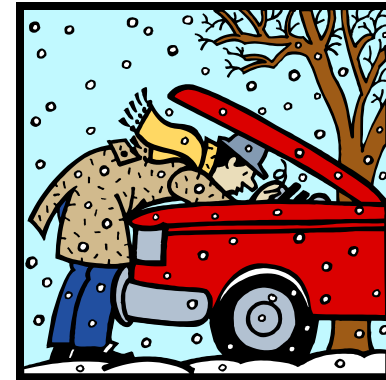


HUNTSVILLE CENTER SAFETY AND OCCUPATIONAL HEALTH OFFICE PRESENTS



HOLIDAY SAFETY



Introduction

The holiday season can be a time of joy but it can also be a very hectic time which can put you at risk.

When you make out your shopping list, make a Safety list too.

Holiday Safety



Holiday Safety List

Fresh Tree ☒

Lights and Decorations ☒

Fire in the Fireplace ☒

Holiday Food ☒

Party Plans ☒

Travel ☒

Shopping ☒

Stress Relievers ☒

Tree



Tree

Make sure the tree is fresh – no falling needles.

Keep the tree fresh – keep it in a bucket of water until you are ready to bring it inside.

When you bring it in cut a diagonal slice off the bottom of the trunk.

Use a sturdy holder with wide-spread legs.

Tree

Keep the stand filled with water.

**Keep the tree away from heat like
fireplaces, heaters, and heat ducts.**

**After the season, recycle or discard
the tree – Never burn it.**

**If you are considering an artificial
tree, make sure it is flame retardant.**

Lights

Make sure that lights have a factory label which assures it has been safety tested.

Inspect each string of lights to make sure there is no damage.

Position bulbs so they are not in contact with needles or ornaments.

Lights

If you string lights together, don't string more than 200 midget or 50 larger bulbs through one string.

Don't connect more than 3 sets of lights on the same extension cord.

Keep cords and plugs away from the water under the tree.

Lights

Keep cords out of walkways to prevent tripping.

Don't run cords under carpets or rugs.

Take care not to pinch cords when placing behind furniture.

Decorations

Make sure that fragile glass ornaments – or ornaments that small children could mistake for candy – are placed high on the tree or consider not using them.

If small children are in the home, do not use older ornaments that may be made with toxic materials such as lead based paints.

Decorations

Make sure that tinsel is not placed on low limbs where it could pose a choking hazard to small children or consider not using it at all.

Fireplaces

Don't use your fireplace to burn wrapping materials – which can create toxic fumes or even a flash fire.

Use kindling and wooden matches to light to light fires – not flammable liquids.

Keep flammable decorations away from the fireplace.

Fireplaces

Don't close the chimney flue until the fire is COMPLETELY out.

Make sure the fire is out before leaving the house or going to bed.

Dispose of ashes in a metal container and never in or near the house.

Fire Hazards

Place candles in a holder that will not tip.

If you place candles in a window make sure they are clear of curtains or drapes.

Extinguish all candles before leaving or going to bed.

NEVER place lit candles on your tree.

Smoke Detectors & Fire Extinguishers

Smoke detectors should be installed on each floor and outside each bathroom.

Don't place smoke detectors in kitchens where false alarms are common.

Test smoke detectors at least once a month and replace batteries annually.

Buy a fire extinguisher and inspect it frequently.

Smoking

Use an ashtray that is large, deep, and will not tip over.

Empty ashtrays often.

After a party, check all surface areas for smoldering cigarette butts – even behind pillows and cushions.

Holiday Food Preparation To Avoid Food Poisoning:

**Keep food, utensils, preparation
surfaces and hands clean.**

**Keep hot foods hot and cold foods
cold.**

**Refrigerate leftovers as soon as
possible after the meal.**

Holiday Food Preparation

Preparing the Turkey:



**Defrost the turkey in the refrigerator
– NEVER at room temperature.**

**Stuff the turkey just before cooking to
prevent the stuffing from spoiling.**

**Use a meat thermometer to assure
complete cooking.**

Holiday Parties and Alcohol

Don't drink alcohol in excess of one per hour.

1 beer = 1 shot of whiskey = 1 glass of wine

Never drink alcohol on an empty stomach.

Feel free to refuse alcohol regardless of pressure or encouragement to drink.

Holiday Parties and Alcohol

Don't drink alcohol if you are pregnant or are using medication.

NEVER DRINK ALCOHOL AND DRIVE

ADD:

Photo of Pills +  = TROUBLE

Holiday Traveling

Plan your trip with scheduled rest stops and activities for small children.

Leave an itinerary with a friend so someone knows where you are.

Don't overload your vehicle or obstruct your view with packages.

Avoid a heavy meal before leaving on a trip to prevent sleepiness.

Holiday Travel



Get a good night's sleep before starting on the road.

Follow other vehicles at a safe distance.

If traveling in winter weather, carry emergency equipment such as first aid kit, blankets, compass, flashlight, flares, ice scraper, etc.

ALWAYS BUCKLE UP!!!

Safe Shopping

Avoid carrying large packages that block your vision and make you a target for purse snatchers.

Ask store for an escort to your car – some now provide this service.

Shop during daylight hours whenever possible.

Always park in well lit areas.

Safe Shopping

Carry your wallet in your front pocket.

Carry your purse close to your body or under your coat.

Have your keys in your hand before you go to your car.

Holiday Stress Relievers

To avoid stress:

Don't blow your budget.

Budget your time as well as your money.

Start planning your gift list early.

Don't try to do everything yourself.

Make some fun plans for January when the post holiday blues set in.

Summary – Holiday Safety List

Fresh Tree ☒

Lights and Decorations ☒

Fire in the Fireplace ☒

Holiday Food ☒

Party Plans ☒

Travel ☒

Shopping ☒

Stress Relievers ☒

All add up to a

SAFE

HOLIDAY